

Variable	Mean	SD	Min	Max
Age	34.5	10.2	21	55
Gender	0.5	0.5	0	1
Marital Status	0.6	0.5	0	1
Education	12.5	1.5	9	16
Income	1500	500	500	3000
Health Status	0.7	0.4	0	1
Exercise Frequency	2.5	1.5	0	5
Stress Level	3.5	1.5	1	5
Sleep Quality	4.0	1.0	2	5
Dietary Habits	3.0	1.0	1	5
Work-Life Balance	3.5	1.0	1	5
Family Support	4.5	1.0	2	5
Community Involvement	2.0	1.0	0	4
Personal Growth	3.0	1.0	1	5
Life Satisfaction	4.0	1.0	2	5
Overall Well-being	3.5	1.0	1	5

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